

# City of Chattanooga

## Fitness Center

### CAPER ROOM

### Spring Schedule

2

0

0

3







Entry Fee  
Cost .50

Hours of  
Operation:

Mon -Thurs  
8:00am-8:00pm

Friday  
8:00am-7:00pm

Saturday  
8:00am-12 noon

<b>Mon</b>		9:00 am Seniorcise <b>Liz</b>				6:00 pm Ballet Fit <b>Leslie</b>	
<b>Tue</b>			10:00 am P.A.C.E. <b>Mozelle</b>		5:30 pm Sport Specific Conditioning <b>Darrell</b>		
<b>Wed</b>		9:00 am Seniorcise <b>Liz</b>				6:00 pm Middle Eastern (Belly Dance) <b>Rhonda</b>	
<b>Thur</b>			10:00 am P.A.C.E. <b>Mozelle</b>		5:30 pm Sport Specific Conditioning <b>Darrell</b>	6:00 pm Ballet Fit <b>Leslie</b>	
<b>Fri</b>		9:00 am Seniorcise <b>Liz</b>				6:00 pm Middle Eastern (Belly Dance) <b>Rhonda</b>	
<b>Sat</b>							

Ballet Fit, Middle Eastern Dance and Sport Specific Conditioning, are specialty classes that require sign up and a **separate** fee paid directly to the Instructor

**PowerHouse Fitness Center**  
**1254 East Third St. Chatt, TN. 37416**  
**(423) 697-1320**